






October HS Breakfast

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|--|--|--|--|-----|
| 1 This Institution is an Equal Opportunity Provider | 2 Pancake Scrambled Eggs Fruit Juice Milk | 3 Breakfast Burrito Fruit Juice Milk | 4 Biscuit and Sausage Gravy Fruit Juice Milk | 5 Scrambled Eggs Toast Fruit Juice Milk | 6 Donut Fruit Juice Milk | 7 |
| 8 | 9 Cinnamon Toast Yogurt Fruit Juice Milk | 10 Scrambled Eggs Toast Fruit Juice Milk | 11 Biscuit and Sausage Gravy Fruit Juice Milk | 12 No School Fall Break | 13 No School Fall Break | 14 |
| 15 | 16 Oatmeal Cinnamon Toast Fruit Juice Milk | 17 Breakfast Burrito Fruit Juice Milk | 18 Biscuit and Sausage Gravy Fruit Juice Milk | 19 Breakfast Bowl Toast Fruit Juice Milk | 20 Donut Fruit Juice Milk | 21 |
| 22  | 23 Pancake on a Stick Fruit Juice Milk | 24 Scrambled Eggs Toast Fruit Juice Milk | 25 Biscuit and Sausage Gravy Fruit Juice Milk | 26 Kolache Fruit Juice Milk | 27 Cinnamon Roll Fruit Juice Milk | 28 |
| 29  | 30 Cinnamon Toast Yogurt Fruit Juice Milk | 31 Donut Fruit Juice Milk |  | | | |



October Breakfast

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|---|---|-----|
| 1 This Institution is an Equal Opportunity Provider | 2 Pancake Scrambled Eggs or Cereal and Toast Fruit Juice Milk | 3 Breakfast Burrito or Cereal and Toast Fruit Juice Milk | 4 Biscuit and Sausage Gravy or Cereal and Toast Fruit Juice Milk | 5 Scrambled Eggs Toast or Cereal and Toast Fruit Juice Milk | 6 Donut or Cereal and Toast Fruit Juice Milk | 7 |
| 8 | 9 Cinnamon Toast Yogurt or Cereal and Toast Fruit Juice Milk | 10 Scrambled Eggs Toast or Cereal and Toast Fruit Juice Milk | 11 Biscuit and Sausage Gravy or Cereal and Toast Fruit Juice Milk | 12 No School Fall Break | 13 No School Fall Break | 14 |
| 15 | 16 Apple Cinnamon Oatmeal and Toast or Cereal and Toast Fruit Juice Milk | 17 Breakfast Burrito or Cereal and Toast Fruit Juice Milk | 18 Biscuit and Sausage Gravy or Cereal and Toast Fruit Juice Milk | 19 Breakfast Bowl Toast or Cereal and Toast Fruit Juice Milk | 20 Donut or Cereal and Toast Fruit Juice Milk | 21 |
| | 23 Pancake on a stick or Cereal and Toast Fruit Juice Milk | 24 Scrambled Eggs Toast or Cereal and Toast Fruit Juice Milk | 25 Biscuit and Sausage Gravy or Cereal and Toast Fruit Juice Milk | 26 Kolache or Cereal and Toast Fruit Juice Milk | 27 Cinnamon Roll or Cereal and Toast Fruit Juice Milk | 28 |
| | 30 Cinnamon Toast Yogurt or Cereal and Toast Fruit Juice Milk | 31 Donut or Cereal and Toast Fruit Juice Milk | | | | |



October Lunch Menu

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|---|---|--|---|---|---|-----|--|
| 1 This Institution is an equal Opportunity Provider | 2 Chicken Nuggets Mashed Potatoes and Gravy Baked Beans Dinner Roll Fruit—Milk Salad Bar | 3 Chicken Alfredo Caesar Salad Baby Carrots Breadstick Fruit Milk Salad Bar | 4 Calzone Baby Carrots Cucumber Slices Fruit Milk Salad Bar | 5 Cheeseburger French Fries Baked Beans Fruit Milk Salad Bar | 6 Beef Taco Refried Beans Chips and Salsa Fruit Milk Salad Bar | 7 | |
| 8 | 9 Pig in a Blanket Mac and Cheese Baked Beans Side Salad Fruit Milk Salad Bar | 10 Pizza Italian Salad Baby Carrots Green Beans Fruit Milk Salad Bar | 11 Waffle and Syrup Scrambled Eggs Sausage Patty Seasoned Potatoes Baby Carrots Fruit Milk— Salad Bar | 12 No School Fall Break | 13 No School Fall Break | 14 | |
| 15 | 16 Corn Dog French Fries Side Salad Fruit Milk Salad Bar | 17 Pizza Italian Salad Baby Carrots Fruit Milk Salad Bar | 18 Frito Chili Pie Baby Carrots Side Salad Fruit Milk Salad Bar | 19 Pulled Pork Sandwich Tater Tots Coleslaw Fruit Milk Salad Bar | 20 Nacho Bar Chicken Queso Chips Chili Beans Mexican Salad Fruit Milk Salad Bar | 21 | |
| 22 | 23 Grilled Cheese Tomato Soup Tater Tots Fruit Milk Salad Bar | 24 Pizza Caesar Salad Baby Carrots Fruit Milk Salad Bar | 25 Chicken Spaghetti Green Beans Side Salad Garlic Knot Fruit Milk Salad Bar | 26 Cheeseburger French Fries Side Salad Choc Chip Cookie Fruit Milk Salad Bar | 27 Cheese Quesadilla Refried Beans Chips and Salsa Fruit Milk Salad Bar | 28 | |
| 29 | 30 Glazed Ham Mashed Potatoes Gravy Dinner Roll Green Beans Fruit—Milk Salad Bar | 31 Spaghetti and Meat Sauce Italian Salad Baby Carrots Breadstick Fruit Milk— Salad Bar | | | | | |